


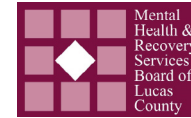


DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
11:00 AM Uplifting Women 2 12:00 PM Men's 360* 12:00 PM Holiday Tree Decorating	GIVING TUESDAY! 3 10:45 AM Imagination Station* 11:00 AM Living Well* 1:00 PM Feelings First	CIT Session 9 a.m. - 12 p.m. 4 ALL DAY: ACTIVITY SIGN UPS 9:15 AM Gardening Club 11:00 AM DRA 11:00 AM Empowering Change 1:00 PM Computer Basics	CIT Session 9 a.m. - 12 p.m. 5 1:00 PM Snowflake Collages 12:30 PM* NEW-R (7) 1:00 PM SA	9:15 AM Gardening Club 6 10:00 AM SafeZone: LGBTQ+ & Allies 11:00 AM ABLE Forum 11:00 AM DRA	
11:00 AM Uplifting Women 9 12:00 PM Men's 360 1:00 PM Caroling Choir	10:00 AM Computer Basics 10 11:00 AM Living Well* 11:00 AM KARAOKE 1:00 PM Feelings First	9:15 AM Gardening Club 11 11:00 AM DRA 11:00 AM Oak St. Rock Painting 1:00 PM Computer Basics 1:30 PM Knitting Circle	10:00 AM Circuit Training 12 10:45 AM Manor House Tour* 11:00 AM Diabetes Support 11:30 AM* NEW-R (8) GRADUATION! 1:00 PM DBSA	10:00 AM SafeZone: LGBTQ+ & Allies 13 11:00 AM DRA 11:00 AM LGBTQ+ Forum 12:45 PM Stress Busters 1:15 PM Gaming for Mental Health	
11:00 AM Uplifting Women 16 11:00 AM Men's 360* 1:00 PM Board Games	10:00 AM Computer Basics 17 11:00 AM Living Well* 12:00 PM BINGO 1:00 PM Feelings First	9:15 AM Gardening Club 18 10:45 AM Coffee Connections* 11:00 AM DRA 11:00 AM Empowering Change 1:00 PM Computer Basics	OPEN AT 10:00 A.M. 19 10:15 AM Circuit Training 11:00 AM Diabetes Support 11:00 AM Cookie Decorating 1:00 PM SA	10:00 AM SafeZone: LGBTQ+ & Allies 20 11:00 AM HOLIDAY PARTY	
11:00 AM Uplifting Women 23 12:00 PM Men's 360* 1:15 PM Gaming for Mental Health			11:00 AM Diabetes Support 26 1:00 PM DBSA	10:00 AM SafeZone: LGBTQ+ & Allies 27 11:00 AM DRA 12:45 PM Stress Busters	
11:00 AM NYE Time Capsules 30 12:00 PM Noon-Year's Eve					PLEASE CONTACT TMWC STAFF FOR RSVPs ACTIVITIES: Maddie.... 419-764-5364 EXPRESSIVE ARTS: Alyssa..... 419-242-3000 ext. 109 FITNESS: Lindsay.... 419-242-3000 ext. 110 COMPUTER LAB: Rodney.... 419-242-3000 ext. 114

What's Happening at TMWC



Support Groups

FEELINGS FIRST: "Letting Go" on Tuesday, December 10, 2024

UPLIFTING WOMEN: "Holiday Blues: How Do We Cope?" Monday, December 23

STRESSBUSTERS: Healthy Ways to Unwind on Friday, December 27, 2024

SAFEZONE: Genderbread Person on Friday, December 20 & 27, 2024

MEN'S 360: "Work Hard. Yes! Play Hard. Yes!" on Monday, December 8, 2024

Activities and Programs

Holiday Tree Decorations (December 2 @ 12:00 p.m.): Let's get festive! Light up the room with TMWC as we decorate the center for the holidays. NO RSVP NECESSARY.

ABLE Forum (December 6 @ 11:00 a.m.): TMWC will be visited by ABLE this month to talk about basic legal aid resources and housing initiatives available to members. Don't miss this awesome opportunity to have all your legal questions answered. NO RSVP NECESSARY

Wildwood Manor House Tour (December 12 @ 10:45 a.m.): We're headed to the Metro Park. Take a trip through history and learn about Toledo's beginnings on this educational outing. RSVP on December 4.

Coffee Connections (December 18 @ 10:45 a.m.): On this monthly outing, we explore a local coffee shop for good food, java, and even better conversations. Sign up on December 4 with Maddie.

Noon-Year's Eve (December 30 @ 12:00 p.m.): Watch the ball drop with your peers as we count down to noon on New Years Eve!

Gardening Club

Donna - 419-242-3000 ext. 106

Friday, December 6 @ 9:30 a.m.: Amy S. from OSU Extension Office

Expressive Arts

Alyssa – 419-242-3000 ext. 109

December 4 @ 11:00 a.m.: Snowflake Ornament Craft

December 10 @ 11:00 a.m. and 1:30 p.m.: Paper Holiday Wreaths

December 12 @ 11:00 a.m. and 1:30 p.m.: Yarn Wrapped Ornaments

December 16 @ 11:00 a.m. and 1:30 p.m.: Whimsical Snowman Painting

Fitness

Lindsay – 419-242-3000 ext. 110

Circuit Training (Thursdays @ 10:00 a.m.): Move through a series of exercises, or a circuit, that can be modified to any ability level.

Get motivated to get moving! Each time you use TMWC's Fitness Room, you will be entered in a RAFFLE. One winner will be drawn at the end of each month.

Computer Lab

Rodney - 419-242-3000 ext. 114

Computer Basics (Tuesdays @ 10:00 a.m. and Wednesdays @ 1:00 p.m.): A beginners guide to one of the most popular electronic devices in use today.

3D Printing (During Computer Basics): Create a 3D model of your favorite cartoon character, video game item, or even a design of your own. Contact Rodney for details and assistance.